

Miso Sweet Potato Bowl



From the kitchen of [Brittany Corwin](#)
Recipe adapted from Deb Perelman of [Smitten Kitchen](#)

I love any meal that is warm, hearty and comes in a bowl. Extra points if there is a fried egg on top! This recipe fills all of those requirements, plus has some fall veggies and whole grains to keep your body healthy and your tummy full. If miso isn't your favorite or you just don't have the ingredients, this bowl is still wonderful with just a pinch of sea salt to top it off. However, I loved experimenting with the many forms of sesame flavor in this dish and the salty and slightly sour flavor of white miso does balance the dense sweet potatoes quite nicely, so give it a try! (even if you keep the sauce on the side :))

Serves 6

Ingredients:

- 3 Sweet Potatoes
- 4 cups fresh Spinach or any dark leafy greens
- 2 cups dry grains of your choice
- 4 Tbsp coconut oil
- 4 Tbsp coconut milk
- 1 Tbsp minced fresh ginger
- 1 small garlic clove, minced
- 1/4 cup rice vinegar
- 2 Tbsp toasted sesame oil
- 2 Tbsp olive oil
- 1 Tbsp honey
- 2 Tbsp white miso
- 2 Tbsp tahini
- 2 Tbsp white sesame seeds
- 2 Tbsp black sesame seed

Directions:

1. Preheat the oven to 400 degrees F
2. Prepare your grains according to package directions. I used a combination of brown rice, forbidden black rice, and red quinoa for lots of color and texture. The rice I chose took about 40min to cook so I got it started first and added the quinoa in with 10min left in the cooking time. If you have [bone broth](#) on hand use it instead of water to cook the grains and get all the additional health benefits.
3. Wash and dry your sweet potatoes and cut into 1 inch cubes.
4. Mix 2 Tbsp each coconut oil and coconut milk and coat the sweet potato cubes with the mixture.
5. Lay sweet potatoes out on a cookie sheet (I cover mine with foil for easy clean up) and bake for about 50 minutes or until they can be easily pierced with a fork and are browning on the edges.
6. While your grains and potatoes are cooking, prepare the white miso sesame sauce by combining ginger, garlic, rice vinegar, toasted sesame oil, and olive oil in a food processor and blending well. After the ginger and garlic are well incorporated into the liquid add the thicker elements of honey, tahini, and white miso and blend until smooth.
7. When your potatoes and rice are close to done, steam the spinach or other leafy greens and toast enough black and white sesame seeds to sprinkle over each bowl. I had a mesh colander that fit right over my rice pot and was able to steam the spinach easily right on top. You'll know the sesame seeds are done as they start to release a lovely toasty scent.
8. The last step is layering everything in your bowl with a little miso sauce and then cooking up an egg however you like and finishing off with toasted sesame seeds and a pinch of salt.

